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April/May 2006

Health, Wellness & the Environment

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resources

plus

Dancing on the Path:
local news, events
and tidbits

FOOD!

Spiritual Nutrition

by Gabriel Cousens, M.D.

Eat by Choice, Not by Habit

by Sylvia Haskvitz, M.A., R.D.

The Science of Prayer

by Phyllis Winslow

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In This Issue

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The Spiritual Nutrition Paradigm **Page 3** **by Gabriel Cousens, M.D.**

Our food choices reflect our state of harmony with ourselves, the world, all of creation, and the Divine.

Eat by Choice, Not by Habit **Page 8** **by Sylvia Haskvitz, M.A., R.D.**

We're a society on the run, eating on the run. Some of us eat as if we were feeding quarters into an insatiable slot machine, one after the other, in restless agitation over that jackpot that never pays off.

The Science of Prayer **Page 14** **by Phyllis Winslow**

I believe we are all capable of doing. I believe we all have the innate ability to heal. In my practice I have worked with clients who have experienced tumors receding and, in some cases, going away completely.

Dancing on the Path **Page 7**

A listing of news items, events and tidbits of interest.

Where to find Arizona Choices Journal **Page 13**

Where to find Arizona Choices Journal in Tucson

Directory **Page 16**

A categorized directory of health, wellness and environmental resources.

Directory Index **Page 23**

Resource Guide **Page 23**

Our Second Year!

This issue marks our second year, or as it is said in the publishing business, "Volume 2". We started this journal as an adjunct to our first *Arizona Choices Expo*, with the publishing of our first issue in April 2005. It is now time to expand, with a *Local Resource Guide* in the back of the Journal, and a complete **online** version of not only all of the editorial content, but of the *Directory Listings* and our new *Resource Guide* as well. Over the last four months our website has received an average 26,000 hits per month. Take a look at www.arizonachoice.com and be sure to avail yourself of the wonderful practitioners and merchants who keep us in paper and ink and pay our computer bills. Please tell them that you found them through *Arizona Choices*.

On May 3rd, at 7pm, at the *Synchronicity Center*, Arizona Choices will present a networking event that is open to all, but especially for health & wellness practitioners and merchants, on how to bring more clients to their doors. Cheri Sohnen-Moe, an experienced and informed national author, will give a presentation that you will not want to miss! The event is **free**. However we suggest a \$5.00 donation to the *Synchronicity Center*. We will network and also discuss other possibilities to improve all of our lives here in Tucson. Please see our ad on page 15 for more information.

I want to thank all of the very talented people who make this journal possible: Bob Peizer, our first Editor, who helped take us through our first year, with his expert editing skills; Roger Hamstra, our Managing Editor who is both our Graphics Designer and our Web Master; and Manon Getsi, our Circulation Manager, who gets this Journal into your hands with lots of LOVE. With this issue I have assumed the position of Editor as well as Publisher, and have doubled my salary. Let's see, 2 x \$0 is \$0. Where will I spend all that extra money? Let me know of any ideas you may have to further improve *Arizona Choices*.

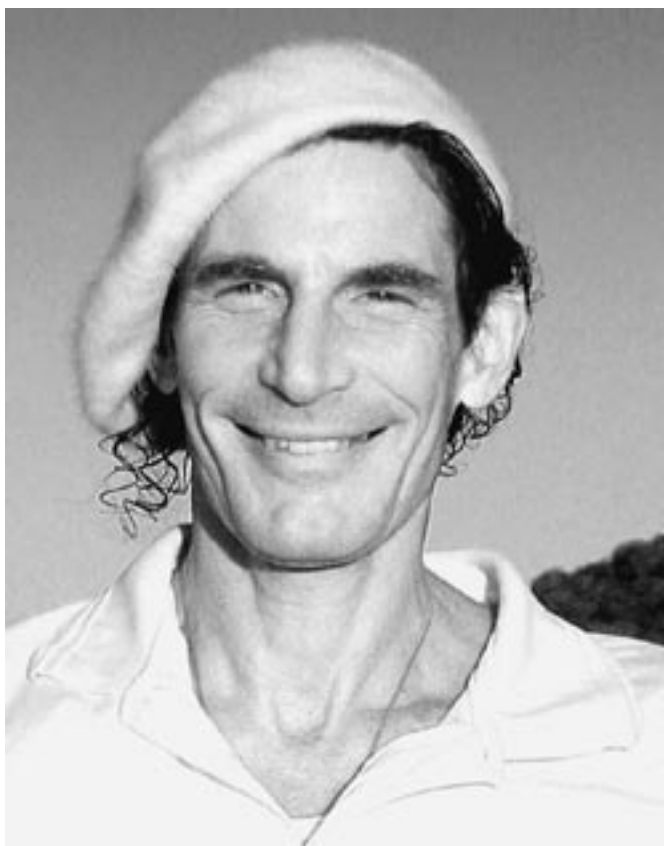
Enjoy,
Bruce Silvey
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The Spiritual Nutrition Paradigm

By **Gabriel Cousens, M.D.**

Founder and Director of the Tree of Life Rejuvenation Center in Patagonia, Arizona

**Our food choices reflect our state of harmony with ourselves,
the world, all of creation, and the Divine.**



Gabriel Cousens, M.D.

The Spiritual Nutrition paradigm fills a gap in the meaning and value of nutrition. It honors and describes the purpose of nutrition, not in terms of health per se, but in terms of how it affects and amplifies the evolutionary unfolding of the spiritual being. From this perspective, we clearly have an opportunity to think about nutrition in a different way. We begin to understand that what we eat affects the quality of the

functioning of our mind, whether our mind is noisy, quiet, at peace, or irritated. Our food choices and the way we lead our lives (including the Six Foundations), are both the cause and effect of our diet and lifestyle. Our food choices reflect our state of harmony with ourselves, the world, all of creation, and the Divine. This view of nutrition is part of a core understanding of what it means to live an integrative, harmonious, and peaceful life on this planet. In this section, we see how our spirit, our mind, our emotions, our body, and even our genetic expression, are affected by the food we eat. Spiritual Nutrition expresses a new paradigm in nutrition and assimilation. It is an in-depth approach to the psycho-emotional and spiritual aspects of developing an optimal diet for spiritual life. It is a wholeness approach to diet that explores the larger planetary implications of what we eat, including the effects on the ecology, conserving natural resources, world hunger, world peace, as well as the ethical, moral, and spiritual issues related to diet. The author feels that not only is the vegan, live-food diet the diet of choice for spiritual evolution, but it is the dietary part of the blueprint for enhancing our communion with the Divine, and for ushering in the age of spiritual Enlightenment. Without the context of the other Five Foundations, however, it can result in an imbalanced ego state.

Although one cannot eat one's way to God, the Spiritual Nutrition dietary approach of an individualized, organic, vegan, live-food, high-mineral, low-glycemic, well-hydrated, sattvic (holy), moderate food intake diet prepared with Love is a powerful aid in the process of spiritual evolution.

The Need for a New Nutritional Paradigm

We have begun to see that the modern materialistic-mechanistic view of life falls significantly short of supporting the expanded concept of the human organism as having subtle energetic and spiritual qualities. We have established the human organism as a spiritual superconductor and this illuminates the need for a new paradigm or model that can account for and support this expanded view of the human organism. But, first we need to understand the limitations of the modern materialistic-mechanistic paradigm if we are to be fully able to evolve a new paradigm that reflects the amazing insights that we are gaining about life. Once we understand the shortcomings of the modern paradigm, then we will be ready to set forth the new paradigm – Spiritual Nutrition – one that feeds the whole person – body, mind, and spirit. Spiritual Nutrition does not throw away the contemporary paradigm but rather includes it as part of the whole.

The Confusion of the Conventional Paradigm

The conventional paradigm of life (and nutrition) has developed from the materialistic-mechanistic view of life in which living organisms are regarded as physiochemical machines. All the phenomena of life, including nutrition, are thought to be explained solely in terms of physio-chemistry. Although the materialistic paradigm has led to a certain amount of success in understanding the molecular structure of our food and bodies, the tremendous diversity of opinions in the nutritional world today suggests that we have not developed a comprehensive understanding of the basics of nutrition. The great 20th-century mystic, Ramana Maharshi, once said that the most important thing in spiritual life, in addition to meditation, is to eat correctly. This sounds simple, but if we look in our bookstores, there are so many different books on nutrition that the simple act of eating seems quite perplexing. In the author's medical practice and teaching role at the Tree of Life Foundation, many people have come with so much confusion about deciding what is right to eat, based on all the different theories, that they have anxiety attacks at meal time.

There are only three gross substances that we consciously take in to support our life process: food, air, and water. In the past, breathing and drinking water did not take much thought. Before the days of air and water pollution, it was fairly automatic. Food, on the other hand, consumes a lot of our time. We forage in the supermarket or health food store for our food, then we have to gather it, prepare it, bless it, eat it, and digest it. We must also grow it or earn money to buy it. By the time this process is completed, we ought to have a unique understanding of and relationship to our food. Yet in the last 200 years, for most of us, this relationship has remained a mystery. It is especially mysterious when we think about nutrition for the enhancement of our spiritual life. Why is it that we have lost touch? Why is it that we are stumbling around in the forest of nutrition, bumping into the trees of this new diet or of that new supernutrient that will solve all our health problems? Presently, if we are concerned at all, perhaps it ought to be with the loss of our basic instinctual connection with the quality of our food and Mother Earth. With the overload of so many new discoveries in the “science of nutrition,” there are so many diverse factual details that we cannot fully keep up with what and how to eat. Our basic conceptual frameworks, our perceptions of the meaning of nutrition, and our own natural instincts have become muddled. We cannot see the forest through the trees.

Basics of the Conventional Materialistic-Mechanistic Paradigm

The focus on gathering nutritional capital is based on the inaccurate belief that nutrition is additive: to be safe, extras of everything should be taken. This is not to say that, at the beginning of a health program, a person may not need extra nutrients to replenish deficiencies and to rebalance metabolism, but after a few months, as the person's health improves, he or she needs fewer nutrients to sustain good health. According to their particular life stress and genotypical biological constitution, people differ significantly on how much and what sort of supplementation they need. The author, in the last thirty-five years, has not examined one person who did not need some sort of supplementation.

It is important to note that not everyone has fol-


lowed this limited materialistic approach. The late Paavo Airola, Ph.D., a significant nutritional mentor of the author's and a man whom many considered a nutritional genius, stressed a personal and historical approach in his consulting rather than a materialistic, computerized focus. Nutritional groups such as the live-food (raw food) movement, sproutarians, and now the wholistic health movement, have all, at least indirectly, refuted the narrow materialistic conceptualization of nutrition. In these health movements there is an implicit assumption that we need to look at the subtle energy qualities of food and the human body. This awareness is shared by many healing systems around the world. In the ancient Indian sciences of Yoga and Ayurvedic medicine, for example, subtle body and subtle food energy is termed "prana." In Chinese medicine it is called Chi. It is known as Ki in Japan; Mana in Hawaii; Tumo in Tibet; Odic force by Reichenbach; and orgone energy by Reich. The term prana or Shekhinah energy is associated with the vital life force in general and will be the main terms we will use.

The new paradigm states that food can no longer be seen only as calories, proteins, fat, or carbohydrates, or any material form. Food is a dynamic force which interacts with humans on the physical body level, the mind-emotional level, and also the energetic and spiritual levels. The study of nutrition is the study of the interaction with and assimilation of the dynamic forces of food by the dynamic forces of our total being. Before we develop this new paradigm of Spiritual Nutrition, it is important to clearly understand the fundamentals of the old materialistic paradigm.


Perspectives on Diet


Spiritual Nutrition will aid the reader in mapping out an individualized diet that is in harmony with the spiritual and energetic view of the human organism and enhances the process of spiritual unfolding. This is not a search for the perfect diet, because the only thing that is perfect is beyond the body-mind-I AM complex – the Truth of the Self, the Truth of God in All and as All. We already are this perfection, but we have some blocks which keep us from consistently experiencing this Truth. The perfect diet can not even make us 100 percent healthy, because although diet affects the mind

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and the spirit, its primary effect is on the physical body. For diet to be truly effective, it needs to be in the context of a full spiritual life of meditation, good fellowship, right life, Loving our neighbors as our True Selves, and continual Love Communion with God, in other words, the Six Foundations. On one hand, diet is a powerful discipline that can help us balance our bodies, minds, hearts, and lives in general. On the other hand, diet is an expression of our state of Beingness and of our harmony with the universal laws of creation.

The author's intent is to supply enough perspective so that we will be interested in creating an individualized diet that reflects our highest state of awareness and is totally appropriate to our function in the world. This is not so easy because food is the principle interface, on a physical level, between Nature and ourselves. The appropriate eating of food is a means of extracting energy from our environment in a harmonious way, and in today's world, this relationship has broken down, becoming mystified and confused. How else, for example, could we, on a national level, have approved the irradiation of fresh fruits and vegetables as a way

of “preserving” them? This represents a complete break with Nature. What seems normal is abnormal and vice-versa. It is as if we are banging our heads against the wall. When we stop, we discover our headache is gone and it is easier to meditate. Meanwhile, modern technology is studying the physiology of how to live normally while banging our head against the wall. Because most people are normally banging their heads against the wall, we are considered abnormal because we choose to stop. We are the funny ones eating “a birdseed and grass diet.” It is difficult to change our program in the face of this social pressure and our old programmed habits and belief systems. Nevertheless, it is necessary to examine these patterns and be willing to abandon what is no longer appropriate for maintaining our experience of blissful Communion with God, our feeling of well-being, a balanced body energy, and nurturing the spiritualizing force of the Kundalini energy within. Diet itself is not the key to spiritual life, but it helps to open the door to Communion with the Divine. To live and eat in a way which enhances this communion is the guideline.

Diet from the perspective of Spiritual Nutrition is not a religion or an obsessive form of searching for God. It is simply part of a balanced harmonious life in attunement with the universal laws. The primary goal of Spiritual Nutrition is not a healthy body or longevity; these are byproducts. The primary goal is to eat in a way which helps us more easily nurture, hold, and become better superconductors of cosmic energy, so it is easier to energize the Kundalini spiritualizing force and experience the ecstasy of God within ourselves and in every interaction of our lives. We develop our practice of Spiritual Nutrition so that when God calls we do not ask for another bowl of ice cream.

Creating our own individualized diet for spiritual life requires some artful intelligence in the application of the new nutritional paradigm and the general principles that are being shared. The process is real and basic, rather than esoteric. It involves some trial and error to see what works for us. The criterion is simple: eat what increases your experience of Love and Communion and let go of what diminishes this Communion. It requires some sensitive attention to our daily life needs and to the general purpose of Spiritual Nutrition which is: instead of living to eat or eating to live, eat to intensify communion with the Divine. Let our hunger for the Divine be the overwhelming appetite and guide to our choice of diet. In Spiritual Nutrition, we eat consciously to feed our hungry souls.

Excerpted from: *Spiritual Nutrition: Six Foundations for Spiritual Life and the Awakening of Kundalini*

Gabriel Cousens, M.D., M.D. (H), Diplomate American Board of Holistic Medicine, Diplomate in Ayurveda, is the founder and director of the Tree of Life Foundation and Tree of Life Rejuvenation Center in Patagonia, Arizona. Gabriel serves as a holistic medical doctor, a licensed psychiatrist and family therapist, a licensed homeopathic physician in the state of Arizona, and an Pastoral Rebbe who functions as a physician of the soul. Dr. Cousens uses the modalities of nutrition, naturopathy, Ayurveda, homeopathy and acupuncture, blended with spiritual awareness, in the healing of body, mind, and spirit. He is a best selling author of many books, including *Spiritual Nutrition, Conscious Eating, Rainbow Green Live-Food Cuisine, Sevenfold Peace, and Depression-Free for Life*. Dr. Cousens is recognized through his books, worldwide role as a teacher, and as the leading medical authority in the world on live-food nutrition. www.treeoflife.nu

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Dancing on the Path

A listing of news items, tidbits and events of interest to our readers. Submissions welcome by email to: info@arizonachoice.com

Friends Of The Great White Brotherhood! Join Us April 7-9th at the Tucson Creative Living Center, for a weekend of solar healing with David Lewis and friends! Music with Ricki Newell, mantras & crystal bowl sound healing, darshan with El Morya & more. More information: Julie 579-9368 or Michael 248-1946, & see: www.heartscenter.org

Planet Coexist invites you to the April Full Moon celebration in our NEW location - Terrasante Desert Community! Thursday, April 13th, Sunset (6:50pm) 'til the rising sun! More information: (520) 790-1757, & see www.planetcoexist.com.

Tucson Community Earth Day Celebration. Saturday, April 22nd, 11am - 4pm at Reid Park, 900 South Randolph Way. (DeMeester Outdoor Performance Center, south of Broadway and east of Country Club) FREE! More information: John Douglas Archer 990-5525, or archer@communityearthday.org & see www.communityearthday.org.

Join us for an outrageous comedy concert with multi-talented singer/songwriter/comedian Scott Kalechstein. More information on Scott www.scottsongs.com. Saturday, April 22, 7:00 pm (Artists' Reception and Silent Auction at 5:30 pm) St. Mark's Church, 3809 East Third Street (1 block west of Alvernon). Information on event: 297-1995.

Tucson Soundings Presents, drumming with Brian Banks. Saturday, April 22, 7-9 pm at the Tucson Creative Living Center. Information on Brian see www.banksarts.com. Information on the event: Joan Vann joanv8@yahoo.com, or 409-8439.

Free lecture on Karma and Reincarnation. What can you do to transcend your past? How do you transform your future? Come join a lecture/dialogue on these subjects and more. Sunday, April 30, 4-6 PM., Bookman's Tucson East, 6230 E. Speedway Rd. Information: 290-4395.

Meditation for Empowered Action on Wednesdays, 5:30-7 PM. This ongoing class series teaches practical meditation methods to help us fully meet life's challenges and effectively serve our communities and the world. Scholarships for non-profit employees and students. Information: Bonnie_profbgc@yahoo.com or 730-5889.

Odyssey Storytelling Series. First Wednesday of each month, 7 pm at the Hotel Congress, 311 E. Congress. Six invited storytellers have ten minutes to talk about a theme. The stories are not read or memorized, they are told from the life experiences and creativity of the teller. Information: 730-4112 or see www.odysseystorytelling.com.

Equine Voices Nonprofit Rescue & Sanctuary: Volunteer Orientation (9am-11am) & Animal Communication Fundraising Clinic (11 a.m.-3 p.m.), May 6th. Orientation information: Karen Pomroy 398-2814 & see: www.equine-voices.org Clinic information: Judy 400-3421 & see: www.thunderhorsehealingarts.com

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Tucson Silent Meditation Retreat - April 22		
Four Points Shivanam 1900 E. Speedway Blvd. Speedway & Campbell	Registration & Fee Required Forms available online. Lunch included. \$85 if registration received by April 7 \$100 if registered after April 7	
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EAT BY CHOICE, NOT BY HABIT

By Sylvia Haskvitz, M.A., R.D.

We're a society on the run, eating on the run. Some of us eat as if we were feeding quarters into an insatiable slot machine, one after the other, in restless agitation over that jackpot that never pays off.



Sylvia Haskvitz, M.A., R.D.

Imagine eating or not eating with a sense of harmony and balance because you're firmly connected to your feelings and needs. You know what choices to make in every moment. You eat in moderation, moving away from the table easily, without hassle, guilt or the inclination to manipulate yourself into starvation. You savor six chocolate chip cookies straight from the oven on occasion without blame. You step on a scale once in awhile out of curiosity. You don't cringe and avoid the scale, and you're not wedded to weighing a certain number on the scale, either. Instead, you're enjoying every sensual flavor of food, and of life, too.

What is one simple thing you can do right now to make that vision a reality? Enjoy. That's right. Enjoy every gooey, crunchy, chewy, smooth bite you take. Revel in pleasure. The more you enjoy what you're actually eating, the more satisfied you will be.

Imagine you're eating your favorite food right now. Is it salty? Sweet? Does the flavor burst in your mouth? Or does it roll slowly over your tongue? Is it cool or so hot that your eyes water? When do you enjoy eating it most? Where do you usually eat it? How did you first discover it?

I love white fish salad on a bagel. The smooth texture, the sweetness of the tomato, the saltiness of the fish, the soft bagel with crunchy sesame seeds is truly a taste sensation. White fish reminds me of being a teenager, nurtured by my brother-in-law's parents for Sunday morning breakfast. White fish represents the best of being Jewish. It's food that nurtures, satisfies, is tasty and healthful.

Pay attention to the next bite you take. Sit quietly, without conversation or distraction. Give yourself fully to the experience. What do you notice? How do you feel while you're eating? Are you hungry? Does it crunch? How does it feel in your stomach? Does it glide down your throat? Or does it feel like cardboard expanding as it settles? What thoughts arise? Memories? Are you aware of any needs that are being met other than the obvious one of food?

I would love for people in our American culture to experience joy and satisfaction in eating. We're a society on the run, eating on the run. Some of us eat as if we were feeding quarters into an insatiable slot machine, one after the other, in restless agitation over that jackpot that never pays off. The French savor meals that last two or three hours as they commune with each other and food. They eat croissants, butter, and cheeses,

which are high in fat, yet they're thinner than we are as a whole. That's because they walk more than most Americans do. Their portions are smaller, too. They're eating higher fat foods that satiate the appetite, needing to eat less to feel full. Our culture uses jumbo portion sizes to fill up the needs we're neglecting.

Think back. What is your activity of choice while eating? Do you eat in the car? Do you stand up at the kitchen counter? What does food taste like while you're eating and watching TV? How do your munchies taste when you're nervously working on a project? Now recall a time when you savored a meal. When you slow down, tastes and textures come alive on your tongue. You don't need massive quantities because you're actually receiving pleasure from each mouthful. Knowing you won't regret what you ate as soon as you finish heightens your enjoyment even more.

What does food taste like when you learn to balance your emotional and physical needs with your food choices? Is this something you would like to explore?

How do I get beyond the guilt to really enjoy food, especially food I shouldn't be eating?

Let's translate the should. Is this a high-fat food that you're telling yourself is not good for you? Why are you saying you shouldn't have it? Re-frame your thought process: Maybe I want a smaller portion because it's something not necessarily as nourishing for my body as some other food choice. But I see how I can work that in if it's something I want. How does re-framing that feel? What do you love that you eat in small portions?

Are there any healthy foods that actually taste good?

I love my food. But everything I eat is sugary and fatty. Are there any healthy foods that actually taste good?

As a child, I used to pick a fresh tomato from our garden and eat it like an apple. The sweetness was delicious on a hot summer afternoon. Today it is more difficult to find tomatoes with flavor. Often produce is shipped to your local grocery store, which may take days. There it may sit on your grocer's shelves, where repeated washing speeds up the aging process. Pesticides and genetically modified foods diminish natural flavors, too.

But flavor can be found. Just follow your nose. Take a whiff of the fruits and vegetables at the store. A ripe melon ready to be devoured will smell like melon. Tomatoes will smell like tomatoes. If they don't, they'll probably taste more like cardboard than the juicy fruit you long to bite into.

In addition to the grocery store, shop local organic farmer's markets. Organic fruits and vegetables are often more flavorful and nutritious.

Don't worry if they have blemishes on them. Conventionally grown food is kept blemish-free with chemicals your body would prefer you don't eat. If you're up for the adventure, grow your own fruits and vegetables. Do taste tests to see where you can find the most taste-pleasing produce.

The key to cooking tasty vegetables is buying quality vegetables and accenting them with condiments you enjoy.

Replace soy sauce with gomasio (a sesame seed blend.) or add olive oil and garlic to vegetables.

Add tahini (a sesame paste) to your favorite vegetables or dressing.

Cook veggies in a drop of sesame oil. (I seem to have a sesame thing going here!)

Buy a high quality Italian olive oil expeller pressed. Add a small amount of olive oil to your salad with freshly squeezed lemon juice.

Cooking can be such a creative activity. Don't be afraid to alter any recipe to meet your needs. I am the Queen of Alterations, taking after my grandmother whom everyone said could whip up delicious meals in no time with no ingredients. In baking recipes, I always cut the sugar and oil in half. No one misses those ingredients. In fact, people travel across town for my chocolate chip cookies. And cutting the sugar and butter in half is my secret!

For a quick snack, instead of buying fruited yogurt, which is loaded with sugar, buy a full fat plain yogurt with acidophilus. (It's more satisfying and satiating.) Add walnuts and cinnamon to it. Make it dessert-like for your kids by mixing in a teaspoon of cocoa powder or carob powder.

Homemade hummus spread on rice crackers or used as a dip for carrots and other raw vegetables makes another satisfying snack. (Check the resource section for the easy hummus recipe.)

Watch your creativity come alive as you experiment. Feelings may come alive as well. Cooking may bring back childhood memories that enhance or inhibit your current exploration. Maybe the cook in your family told you to stay out of the kitchen. Or someone always corrected the way you cut an apple. As a result, you avoid the kitchen. When you do cook, you feel vulnerable regarding your cooking mastery and competency and worry about sharing your creations.

If that's so, it's time to re-think and re-explore your feelings about cooking. Challenge yourself to have fun while creating something your body needs. As you do, you'll likely notice your tastes changing, too. Once subtle flavors will blossom on your tongue. Since your tastes are more refined, foods will now seem naturally sweeter and saltier. As an added bonus, the less sugar and salt you eat, the less you'll want. The opposite is also true. One woman from England couldn't stand the saltiness of McDonald's food when she first arrived. With repeated effort, she acquired a taste for it.

I'm fascinated by the influence cultural eating habits have on our taste buds. When I was in my 20's,

I lived on a kibbutz in Israel, and worked with two to four-year-olds in the children's house. I loved to experiment with food, even then. I'd offer the kids a piece of chocolate cake in one hand and a cucumber in the other. *Would you believe 9 out of 10 kids chose the cucumber?*

Most Americans have built up such a tolerance for heavily sugared treats. But for those who are altering their eating patterns, flavors burst from unexpected sources. Our taste buds seem to cooperate with our intentions. Each time I go to Trader Joe's, I treat myself to a new taste sensation-- one spice, snack, or meal, I've never eaten before. This keeps shopping and eating an exciting, fluid adventure instead of a chore to meet a rigid diet plan. Shopping field trips with friends at local health food stores is another way to avoid eating ruts. Sharing food choices can enliven any dining repertoire.

So what's wrong with eating unlimited vegetables?

I have no trouble enjoying healthy food. So what's wrong with eating unlimited vegetables? More is better.

Phoenix Psychic Medium & Author Cheryl Booth in Tucson 4/24 to 5/3!

Cheryl Booth, author of *Johnny Angel Is My Brother, A Psychic Medium's Journey* (currently available thru Amazon.com or direct from Cheryl), is doing book signings, teaching, performing her one-woman show AND seeing private clients for readings, regression & energy work while in Tucson!

The Reviews are Rolling In:

"God bless you Cheryl, and your work that helps so many - readers, you will definitely enjoy this inspirational book!" Ann Albers, Phoenix Angel Communicator & Psychic

Cheryl's brother John, born with severe cerebral palsy, now guides & inspires her from Heaven. She believes those who enter the world with such challenges are evolved beings. Thousands have found comfort, healing & empowerment through her gifts. Her specialty as a hypnotherapist is past life regression.

"Cheryl's talents are evident and she encourages the reader to believe we all can develop such gifts. A writer & medium on a par with John Edward, George Anderson and Rosemary Altea, Cheryl Booth's story is one you shouldn't miss!" Marsha Anderson, L.A.

Tuesday, April 25th, 12-1pm: U of A Bookstore, 1209 E. University
Lecture, Book Sales & Signings

Thursday, April 27th, 7-8:30 pm: Borders Books, 4235 N Oracle Rd
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Sunday, April 30th 1 to 6 pm - Synchronicity Center, 1701 E. Lind Rd.

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To register for the class, purchase tickets, or book appointments, call 602-316-8763 or email lifeofspirit@gmail.com

PLEASE NOTE: Cheryl also does telephone readings and provides a CD of the session.



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Again, the question is not about right or wrong but what need you want to meet. When people eat in quantities larger than the amount of food airplanes used to serve, they are likely eating more than their body needs. Can you get that need for nurturing, entertainment, reassurance met without eating a head of lettuce or a bag of carrots? That may work better for your budget as well.

According to Robert Fritz, portion size plays a role in building health. In studies, mice that ate less food lived up to 40% longer. This fact begs the question: are we killing ourselves by eating? Can we create better health if we eat less? The obvious answer is YES.

I like to graze throughout the day and I'm never really hungry. Is there a problem with that?

I don't see a major problem with that although you probably want to give your body time to rest. Your body appreciates your insulin levels being stable. The digestive process taxes the body. If you're eating more than 6 times per day, you're not giving the body time to rest. If you want to eat more often than that, be sure you're adequately hydrated. Dehydration is often mistaken for hunger. When you pee, if your urine is dark yellow, your body would like you to give it more water. If you're hydrated, your urine output will be lemony yellow in color or perhaps lighter. Grazing may also occur because you are not getting the protein and fat you need, so you are not satiated.

If you drank a glass or two of water and ate 3 meals and 2-3 snacks, and you're still feeling hungry, you may want to check in with your emotional needs. You know the question by now. What need is posing as hunger?

When is enough enough?

Aside from our cultural penchant for eating large, sugar-laden portions, what keeps us from leaving the table when we're satisfied and not ready to burst? It's hard to push yourself away from the table when you're just learning the difference between emotional and physical hunger. How can you tell when you're about to be full if you don't recognize when you're hungry? As you develop awareness of your needs and your sense of eating enjoyment, you'll also become attuned to your physical hunger cues. When one woman feels empty that means she's hungry. Other people experience gurgling stomachs. Begin noticing what hunger

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feels like for you. Note the sensations in your stomach, your hands, and your head. Where do you feel your hunger pangs? Do you usually eat and eat and eat until you're suddenly bloated? Or can you sense that you're several bites away from satisfied?

Robert Fritz offers a Hunger/Satiation Rating Scale, which you can use as a guideline to practice hunger awareness.

- 0. Beyond hungry feeling weak or running on adrenaline.**
- 1. Too hungry to care what you eat you will tend to overeat.**
- 2. Seriously hungry you must eat now!**
- 3. Moderately hungry you could wait longer.**
- 4. Slightly hungry first thoughts of food.**
- 5. Neutral no hunger and no feelings of food in your stomach.**
- 6. Satisfied feel the food but don't feel full, no discomfort.**
- 7. Slightly uncomfortable a little too full, aware of food in stomach.**
- 8. Uncomfortable feel full, stomach distended.**
- 9. Very full want to lie down and digest.**
- 10. Stuffed so full it hurts.**

From a physiological standpoint, it's best to eat when you're at "2" and stop when you're at "5". If you do this on a regular basis, you will become a normal weight. But there is nothing wrong with eating when you're at "3" and not stopping until you're at "6".

If you're looking for a cheat sheet to trigger inspiration, try this one adapted from Doris Wil Helmering and Dianne Hales' article, *Think Thin, Be Thin*.

Physical Hunger	Emotional Hunger
Builds gradually	Develops suddenly
Strikes below the neck (growling stomach).	Strikes above the neck (i.e. a taste for ice cream).
Occurs several hours after a meal.	Occurs at random times.
Goes away when full.	Persists despite eating.
Eating leads to a feeling of satisfaction.	Eating leads to guilt or shame.

If you want, you can design your own hunger/satiation scale or cheat sheet incorporating your unique hunger cues. Remember, you're the authority. Only you can say when enough is enough.

Here are a couple of physiological nuggets that may help as you awaken your consciousness:

Bob Greene, one of Oprah's trainers recommends not eating two hours before you go to bed. If you're feeling a little hungry, that means your body is using fat for fuel. When most of us feel slightly hungry we want to fill up our stomachs even though we're going to bed. We don't need nutrients then; we need to sleep.

As I said before, our culture often mistakes thirst for hunger. When we drink soda, coffee, alcohol or other sweetened beverages including fruit juices, we are dehydrating our already dehydrated bodies. Sugar pulls water from our cells. Coffee is a diuretic. If you drink a glass of water and you are still physiologically hungry, eat something.

I would enjoy myself more and be happier if I lost weight. Are you telling me I wouldn't? Think about food as money in your checkbook. Each day, you have a certain amount to spend. If you don't spend it all, you lose weight and if you spend more than you have, you go

into overdraft or gain weight. You pay a fee for going into your overdraft account. If you spend exactly what's in your checkbook, you maintain your weight.

Does that make you happier? Not necessarily. Money doesn't make people happy. An abundance of resources may meet needs for choice and ease and may or may not stimulate feelings of happiness in any given moment.

Being lean doesn't automatically make people happier, either. Some people relish the way they feel about themselves when their body is in alignment with their desire for health and fitness. Some people use weight for protection. When it's gone, they're uneasy, exposed and vulnerable until they explore their need for protection.

Do we need specific numbers of weight? No. We have needs for protection, health, well being, vitality, and acceptance. Reaching a particular number on a scale is a strategy to meet needs and not a need itself. I don't need to weigh 130 pounds. I may choose to weigh 130 pounds because I know from experience that when I weigh 130 pounds, I enjoy the way my clothes fit, (need for esthetic beauty). I enjoy the choices of clothing available to me (need for choice). I like the way I feel in my body at that weight (need for comfort). And I like the attention I receive from others. What contributes to our feelings of joy is when we are satisfying our needs.

How important is exercise in this equation?

In 1990 I biked cross-country from Washington State to Maryland. For three months, I rode 75-100 miles a day, six days a week, pedaling a total of 4500 miles. I may be a dietitian but I enjoy my detective skills. To satisfy my curiosity, I did a pre and post-test on my body fat and weight. My weight stayed the same, but my body fat percentage decreased four percentage points. While I generally ate healthful foods, the quantities and combinations of foods I consumed amazed people. My leg muscles were defined like never before. My strength, endurance, and physical health were the best they'd ever been. My metabolism has also been higher as a result of this trip and seems to have stayed higher ever since.

Of course you don't have to bike cross-country to reach a better level of fitness. Consistent exercise is

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powerful enough to boost your physical and emotional well being in many different ways.

When you exercise, you'll likely eat fewer calories because moderate exercise actually curbs appetite. You may also experience an endorphin rush, which may meet some of the nurturing needs you met by eating when you weren't physiologically hungry. In addition, when you begin treating your body with compassion and care, you initiate a spiraling response. Just as violence begets violence, compassion and care beget compassion and care. Exercise is key to your body being fit. Some experts would agree that being fit may be more important than fat regarding your overall health.

According to personal trainer, Susan Tucker, the most important aspect of exercising is choosing a form you'll enjoy. She also suggests 10 to 60 minutes of aerobic exercise every day depending on your level of fitness. If you're resuming exercise after a break, or just getting started, she recommends an initial 10-15 minutes. You'll want to combine aerobic exercise with resistance or strength training. Aerobic exercise means continuous movement such as walking, running, bicycling, or swimming. Resistance training is when you are new to working out with weights. As you build strength, your workout is called no surprise strength training. To develop an effective, injury-free routine, she highly recommends visiting a coach or hiring a certified personal trainer.

Ask yourself if you're meeting needs for safety, fun, consistency and pleasure. When you exercise, don't forget to include your kids and dog. They also need to be active and fit - for their health.

SYLVIA HASKVITZ, MA, RD, author of *Eat by Choice, Not by Habit*, is a registered dietitian since 1983 and certified trainer with the Center for Nonviolent Communication (NVC) since 1989. Sylvia combined her work as a dietitian and as an NVC trainer to help clients transform their relationship with their bodies and food. These same powerful skills can be applied to enrich all of life - Sylvia facilitates, coaches and mediates using the Non-violent Communication process.

Her essay, *Enemy Images* was published in the book, *Healing Our Planet, Healing Ourselves*. Her monthly column *Finding the Right Words* is published by Tucson West Publishing. To contact Sylvia Haskvitz: silgiraffe@aol.com or 520 572-9295

The Science of Prayer

By Phyllis Winslow

I believe we all have the innate ability to heal. In my practice I have worked with clients who have experienced tumors receding and, in some cases, going away completely.



Phyllis Winslow

How often do you pray? Do you only pray when you find yourself or someone you love very down and out? Please God, please help. Do you only pray in church on Sundays? Do you pray daily or never at all? Much of the time we pray only when all else fails. We pray when the chemotherapy isn't working, when we desperately need money, when divine intervention is needed.

Prayer works

Scientific studies show that prayer works. Some research on prayer is on its effect on plants. People have prayed over, or sent love to one plant and not another, only to find that the plant prayed for flourishes and grows tall, while the other grows at a so-so pace.

We can relate this outcome to people. The child that is given unconditional love blossoms, while the child that is ignored, or left to fend for himself, is more likely to experience many problems.

Any kind of healing is fostered by prayer. In looking for ways to make my energy therapies more effective I was drawn to Gregg Braden's book, *The Isaiah Effect – Decoding the Lost Science of Prayer and Prophecy*.

Prayer and healing

In the book Braden relates a remarkable story of a videotape he saw that had been recorded at the Huaxia Qigong Clinic and Training Center in China. Qigong is a type of oriental energetic exercise that more and more people are practicing in the United States.

On the video, Braden, his wife, and others saw a woman lying in a clinical setting on her back with loose clothing that exposed a section of her abdomen. The female patient was awake and conscious. Sitting next to her was a nurse practitioner who moved an ultrasonic wand over her abdomen. The video then zeroed into the image the ultrasound was sending back. It was explained that the image showed that her bladder was not okay. It contained a three-inch cancerous tumor. Three men stood near her. One man moved his hands over her. Then the men toned one word over and over. In English the word meant "Already gone," "Already accomplished."

Braden reported that two minutes and forty seconds later the tumor was gone. As he watched, the tumor quivered and appeared to melt before his eyes, fading from view. The healing was now complete. The three men and the nurse nodded in acknowledgement and bowed to the fully alert patient. The healing had been successful.

All have ability

What the three Qigong masters had accomplished is something that I believe we are all capable of doing. I believe we all have the innate ability to heal. In my practice I have worked with clients who have experienced tumors receding and, in some cases, going away completely.

Braden found a "science of prayer" in his study of the ancient prophet Isaiah. The Isaiah Scroll was the

only manuscript of the Dead Sea Scrolls discovered intact in 1946. Today it is displayed, unrolled, on a vertical cylinder in Jerusalem. Isaiah was primarily known for his prophecies.

Isaiah's prophecies

Isaiah foretold two futures: one of global destruction and devastation, the other of an earth filled with joy, peace and healing. Ancient prophets foresaw possibilities as a result of current thinking. They alerted the people to the possible consequences of their actions, sometimes with appeals for change.

Isaiah was aware of malleable outcomes, and reminded the people that possible futures are determined by collective choices. Isaiah refers to a key in which people can learn to redirect their future. The key was a mountain. In the Hebrew of Isaiah's day, mountain could be translated as "heavenly Jerusalem" or "the vision of peace" or "the power of peace."

Isaiah Effect

The Isaiah Effect is "the expression of an ancient science stating that we may change the outcome of our future through choices we make in each moment of the present." (p. 120)

Therefore, since prophesy is the consequence of choices made in the present, we have the collective power to choose which future we will experience. We can choose destruction or peace.

Choose peace

To change the conditions of our outer world we are told to make a change in our inner world. We will know peace in our world, through making the CHOICE OF PEACE. We actually become the conditions of our desire from within. We must become peace in our lives.

Isaiah recommends that we do not focus on what we do not have, but on what we desire. When we ask for something, we are actually acknowledging that we lack it. We continue to give power to what we do not have. The qigong masters said over and over, "already gone," "already accomplished." They focused on the tumor not being there, and it disappeared.

Effective prayer

It is our in our hearts that our emotions connect with our thoughts. Start with a heart-centered feeling of gratitude for all that you have and all that is. Then identify what you choose to bring into your life. Do not focus on what you do not want. Choose the future

you desire. Identify the feeling you wish to experience. As the three Chinese qigong masters did, "Think your prayer has already come to pass." Give thanks for that which you choose to experience.

Feel your prayer

Emotion or desire is your source of power. Your thoughts direct your emotions to the outcome. Feeling is the focus of each prayer. You feel your prayer. In your prayer, you FEEL like you have what you want. It already is. Then you give thanks that it already is.

We are all healers. Live like your prayer had already been answered. Think like your prayer had come to pass. Live the intent of your prayer. The secret of the lost mode of prayer is to focus on the outcome you choose. Then shift the perspective of your life by FEELING that the outcome had already happened and the prayer had already been answered. Give thanks that it has already come to pass.

Phyllis Winslow, a graduate of the Barbara Brennan School of Healing, practices Energy Healing, Energy Psychology and biofeedback using the L.I.F.E. System. For an appointment call (520) 909-3455 or (520) 323-9325. Email: healthybody@ultrasw.com. Website: www.energytherapyaz.com.

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The Synchronicity Center is located at: 1701 East Lind Road. (Lind Road meets Campbell Avenue on the West side, just one block North of East Fort Lowell Road) See: www.synchronicitycenter.com.

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Paul is on the faculty of the Providence Institute Yoga Teacher Training program, and is an inspiring teacher of spiritual psychology and mysticism. Classes

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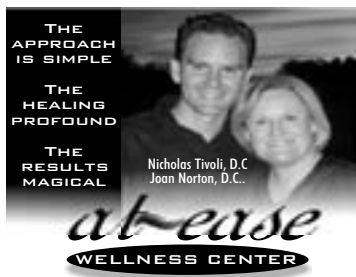
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Communication



Sylvia Haskvitz

Nonviolent (Compassionate) Communication is a powerful practice where speaking comes from the heart without blame, shame and criticism and listening comes from a place of curiosity and connection. In this way, even when the message comes in a package you do not enjoy, you will hear the feelings and needs of the speaker without taking the message personally or attacking back. This process is both a spiritual practice which focuses our consciousness on living in a world where your needs and mine are equally valued and a language of compassion.

Compassionate Communication is a simple 4 step process yet it may take considerable practice to shift from the paradigm of power over to power with others; a habit which our culture has embraced for centuries. In the world of Nonviolent Communication, your needs and mine are the same. From this place of universal needs, enemy images of ourselves and others can be transformed into rich personal human connections helping to spread seeds of compassion.

Sylvia E. Haskvitz, M.A., R.D.
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Miriam Bloomfield

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Miriam graduated from Stanford University and has been a Bodywork Therapist since 1982. She is a licensed Massage Therapist and Certified Practitioner of the arts in which she now specializes.

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Robert Martin

Robert discovered he had the gift of healing in the late 1970’s and has dedicated his life to helping people attain optimum health ever since. Believing that the Creator exists within each of us universally, he opens himself to the Creator and allows LOVE ENERGY to flow through him to his fellow man. He is able to channel this energy in a hands-on capacity and at any distance. His work has inspired many people to write testimonials on his behalf. Former chairman of IACVF cancer research society, AANC certified Nutritional Consultant and minister,

Robert Martin is dedicated to his mission of relieving suffering & attaining health. Author of “Healing with Divine Energy.”

Rev. Robert Martin
Hands On & Remote Gifted Healer
520-881-2452
www.Divine-Healing-Energy.org

Healing Retreats In Sedona



Cynthia Tierra

Transform your life in a day. Visit beautiful Sedona, Arizona. Sedona has a concentration of vortex energy, power points that intensify personal psychic energy. Experience the energy for yourself. Explore who you are and your life purpose. Identify and release what holds you back on your journey through life. Gain peace of mind, understanding of your life experience, and better physical health.

Visit well known vortex areas and also secret places of great energy. Participate in ancient healing ceremonies. Learn simple ways to clear your aura. Merge

your soul with all aspects of your being in a life altering ceremony. Experience a healing treatment.

Personal and small group healing retreats are conducted by Cynthia Tierra, who has been exploring Sedona for 25 years.

Healing From The Heart
Cynthia Tierra - Holistic Health Practitioner/Reiki Master Teacher
ph: 520-616-0998 or 928-821-0989
cynthiatierra@hotmail.com
www.healingone.net

Healing Sleep



Rubin Naiman

Dr. Rubin Naiman is clinical assistant professor of medicine and the sleep and dream specialist at the University of Arizona’s Program in Integrative Medicine directed by Dr. Andrew Weil. He maintains a private practice specializing in integrative and alternative approaches to sleep disorders and also offers professional consultation and training in sleep health. Dr. Naiman founded the sleep services program at Canyon Ranch and is the sleep and dream specialist at Miraval. He is the author of Healing Night: the Science and Spirit of Sleeping,

Dreaming, and Awakening (Fall 2005) and The Sleep Advisor: Help for Insomnia and Other Sleep problems (Summer 2005), software designed to evaluate and manage sleep problems. Please visit DrNaiman.com for more information.

Rubin Naiman, Ph.D.
Address: University area
Phone: 520-770-1003
Website: www.DrNaiman.com
Email: rrnaiman@cox.net

Health Foods



Aqua Vita has served the Tucson community with the purest water and exceptional natural foods for over 15 years. Our mission is to empower the individual to attain vibrant health. We strive for this by providing the finest Organic Produce, the Purest Water, Natural Foods, a wide array of Supplements and Herbs, Experienced and Friendly Staff, and a Reference Library to explore alternative health issues.

Our mission to provide clean vibrant food started with Aqua Vita water: its steam distilled, micron and carbon filtered, exposed to UV light and spun

through magnets to produce the sweetest and cleanest water in the southwest. Our Produce reflects our commitment to support organic practices: we hope to sustain Mother Earth, improve the human condition and to promote vibrant living. Store Hours: Monday-Saturday 8am-8pm Sunday 10am-6pm

Aqua Vita Natural Foods
2801 North Country Club Rd.
Tucson, AZ 85716
520-293-7770

Aqua Vita

Health Foods



Food Conspiracy is a not-for-profit natural foods market, owned by its members and open to the public. Since 1971 we have been committed to providing the highest quality natural and organic foods and products to the Tucson community. Our produce department is entirely organic, and we don't carry any products known to contain genetically-modified organisms (GMOs). We are committed to offering certified organic products whenever we have a choice, and we have the most extensive bulk selection in town. In alignment with our commitment to environmentalism, social

justice, and education, we are constantly expanding our line of local, fair trade, and independently produced items. In particular, we care very much about cultivating our relationships with local farmers, and have an unrivaled selection of produce from the greater Tucson area.

Food Conspiracy Co-op
412 N. 4th Avenue
Tucson, AZ 85705
(520) 624-4821
www.foodconspiracy.org

Food Conspiracy Co-op

Hearing Health



Hearing impairment may be impacting your relationship with others at home and at work. Do people seem to mumble? Do you have difficulty understanding the television? Do you misunderstand what is being said?

Staff at the Adobe Hearing Center has the experience and commitment to accurately assess hearing loss and to offer individualized solutions. We work with a variety of hearing aid manufacturers and make a recommendation tailored to your communication needs.

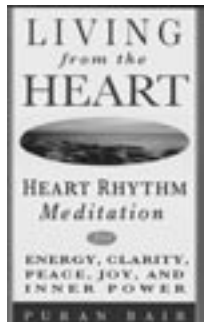
We know that listening is an active pro-

cess that involves the listener, the speaker, and the environment. At Adobe Hearing Center we match the technology to the patient. Call to schedule a hearing evaluation which includes a communication needs assessment.

Adobe Hearing Center
2102 N. Country Club Road, #12
Tucson, AZ 85716
Phone: 322-8211
www.adobehearingcenter.com

Adobe Hearing Center

Heart Rhythm Meditation



Heart Rhythm Meditation (HRM) is a body-oriented, heart-centered, practical method that creates physical heart health, emotional heart health and spiritual heart health simultaneously. Physically, it reduces heart arrhythmia, promotes immune function, lung vital capacity, and restful sleep. Emotionally, HRM improves concentration on work and understanding of others while relieving stress. Spiritually, you will find the meaning and purpose of your life, build connection to others and develop the guidance of your heart with a magnetic presence. Heart Rhythm Medita-

tion is easy to learn, even if you have not been able to meditate before. IAM is an international school now centered in Tucson, founded by Puran and Susanna Bair. Their book was published by Random House. Four weekly, evening classes are available in Tucson.

See our display ad on page 5

Institute for Applied Meditation, Inc.
PO Box 86149, Tucson, AZ 85754
Phone 888-310-7881
www.Applied-Meditation.org

IAM

Holistic Medicine



When was the last time you had the opportunity to get ALL your health questions answered in a relaxed and supportive atmosphere? As medical physicians who embrace time-honored healing philosophies, we meld the best of all worlds with Western, Alternative, and Mind/Body/Spirit Medicine. Join us for a comprehensive evaluation of your physical, nutritional, emotional, and spiritual health. Learn to tap into your own treasure trove of deep healing ability. Dr. Bruce Roberts, MD, is certified in Family Practice, Psychiatry, Holistic

Medicine, Mind/Body/Spirit Medicine and Shamanic Healing Arts. Dr. Molly Roberts, MD, MS, is certified in Family Medicine, Holistic Medicine, Mind/Body/Spirit Medicine, Shamanic Healing Arts, and is a Psychotherapist and non-denominational Minister. Yes, you can have the best of all worlds!

Synchronicity Center
1701 E Lind Rd
Tucson, AZ 85719
327-9624 (32-SYNCH)
www.SynchronicityCenter.com

Synchronicity Center

Hospice Care



“Our Mission is to provide superior care to patients and their loved ones, so that they may complete their mission on this earth in comfort, dignity and harmony.” At Casa de la Luz Hospice, we affirm life and believe that death, like birth, is a natural and sacred time of transition. Hospice seeks not to hasten or postpone end-of-life, but to assist persons to live fully with the maximum quality of life. While most hospice care is at home, Casa also offers care in our hospice home Kanmar Place and our Inpatient Unit. Both have private, beautifully ap-

pointed rooms and gardens. At both locations, we offer a music thanatologist and body worker to enhance comfort, healing and peace. Call to find out about how our comprehensive services can help you and your family.

Casa de la Luz Hospice
400 W. Magee Rd.
Tucson, AZ 85742
520-544-9890
www.casahospice.com

Casa de la Luz Hospice

Life Coach Plus



Life may be short, but you can make the decision to start right now to unleash your gifts and let wonders happen in your life: Find your purpose; Enhance your financial situation; Enrich personal/professional relationships; Attain personal fulfillment and well being; Gain spiritual fulfillment; Find balance in your work and family life; Rid yourself of emotional and physical clutter; Challenge your health, pain and disability issues; and Resolve aging issues with dignity, passion and serenity. Dr. Susan Ricketson is a highly effec-

tive Personal Life Coach, a Professional Counselor and a published author with 35 years of her own Personal Life Wisdom. She has studied many body and energy modes and is a 3rd degree master in Radiance/Reiki.

Dr. Susan Ricketson
Personal Life Coach
520-577-3730
Email: tonkissue@comcast.com
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Dr. Susan Ricketson

Natural Skin Care



Do you want beautiful and healthy skin naturally? Now there are carefully selected wild and organic Rainforest botanicals that have been specifically and naturally formulated for skin care. The Rainforest is the most concentrated source of life energy on Earth. The Amazon Herb Co. partners with Indigenous Communities who eco-harvest these powerful plants for skin care and wild foods nutrition. Choosing these products contributes to a healthy sustainable future for the Amazon Rainforest and its residents.

Nancy McGee Wongmo has been a Natural Health Consultant for 35 years, in Oregon, Hawaii, and Arizona. Her passion is helping people achieve optimum health, personal growth, and financial freedom through eco-commerce. Call for a free consultation and samples. Make a difference in your health and Rainforest preservation.

Amazon Herb Co.
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CREATE THE CULTURE OF LIBERATION - THE TREE OF LIFE REJUVENATION CENTER, Mountain Oasis for Awakening. Visit us for Spiritual Fasting Retreats; Zero Point Process; Conscious Eating Intensive; Sacred Relationships; and Whole Person Healing. Gain your Masters in Live-Food Nutrition, and Apprenticeship in Spiritual Farming, Live-Food Instruction, and Spiritual Sprouting. Come for the Awakened Living Shoppe, Awakenings Spa, and the gourmet cuisine at the Tree of Life Cafe! Facilitated by Rebbe Gabriel Cousens, MD, Dipl.

Ayurveda, Board of Holistic Medicine. Details & Calendar: www.treeoflife.nu.
See our display ad on page 11

Tree of Life Rejuvenation Center
Patagonia, Arizona, U.S.A.
Toll-free, 866-394-2520.
info@treeoflife.nu

Sound Healing Events



Toning Circles

Tucson Soundings' goal is to expand awareness of sound healing through experiential sound circles, toning, group and self-study, quartz crystal and Tibetan singing bowls, multi-cultural story telling and dancing, Native American Flute, didgeridoo, drumming and workshops with local, national and international presenters in the world of sound healing.

Join us this spring at the beautiful Tucson Creative Living Center, 4850 W. Jojoba Drive in the Ironwood Hills. Saturday, April 22, 7-9 PM toning circle features

Drumming with Brian Banks and his delightful array of drums, rattles and other percussive instruments. BYO drum or rattle if you prefer. No musical or drumming experience is required. Come prepared to have fun! \$15 includes snacks and drinks. Our May toning circle will be announced. For information/reservations, please email or call Joan Vann (after April 10). joanv8@yahoo.com or 520-409-8439.

Tucson Soundings
520-409-8439
joanv8@yahoo.com

Transformational Journeys



Shari Silvey

Do you want to find your passion and joy, manifest your dreams, unleash your creativity, and stimulate your intuition? Through experiential hands-on art, energy work, movement and creating body energy shifts, we will transform shadow into light, fear into courage, and inaction into focused inspired intent. In addition to working indoors, we will go outside for a guided journey to unlock the mysterious portals to unseen dimensions and heal with nature.

Learn to focus this powerful energy and become the channel for manifest-

ing your dreams! Shari travels extensively around the U.S. to sell her artwork, facilitate her visionary playshops and Transformational Journeys and wilderness retreats for groups, as well as custom journeys for individuals.

Shari Silvey
520-744-6328
www.artworkbyshari.com
shari@artworkbyshari.com

Zero Balancing



Dorsett Edmunds

Zero Balancing is a unique hands-on body work system that aligns the energy body with the physical body by working gently and subtly with the bones and key joints in the body. While addressing specific needs, the focus of Zero Balancing is the whole person. With roots in osteopathy and acupuncture, this work combines western approaches to the body with eastern concepts of energy and healing. Its benefits include: relief of symptoms of stress, a feeling of core well-being and balance, a reduction in physical, emotional, and chronic pain, relief of musculoskeletal tension, a great-

er capacity to manage difficult transitions in life and live more fully.

Dorsett Edmunds is a licensed physical therapist who has been practicing Zero Balancing for more than 17 years and teaching it for 10 years in the southwest and northwest. Her goal as a teacher and as a clinician is to empower the self-healing process and awareness in her clients and her students so that they can live and practice from their own core well-being.

Dorsett Edmunds, M.A., P.T.
2612 E. Drachman St.
Tucson, Arizona 85716
520-326-5221 dorsette@gmail.com

Directory Index

A

Accupuncture 16
Allergy/Nutrition 16
Alternative Health 17
Astrology 17

B

Breast Cancer Screening 17

C

Chiropractic Neurology 17
Chiropractor 18
Communication 18
Creative Writing Workshops 18

E

Energy Bodywork 18
Energy Healing/EFT 19

H

Healing at Any Distance 19
Healing Retreats 19
Healing Sleep 19
Health Foods 20
Hearing Health 20

H cont'd

Heart Rhythm Meditation 20
Holistic Medicine 21
Hospice Care 21

L

Life Coach 21

N

Natural Skin Care 21

R

Rejuvenation Center 22

S

Sound Healing Events 22

T

Transformatinal Journeys 22

Z

Zero Balancing 22

Resource Guide

6 ines, 30 words, 250 characters for \$50.00 per issue, two months coverage. Phone 744-6603 or email info@arizonachoice.com

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HEALTH CENTER

more than
just medicine

El Rio Community Health Center is proud to celebrate 35 years of caring for Tucson.

El Rio Community Health Center is passionate about providing the highest quality health care. Our doctors and nurses are some of the best in the country, and we've been nationally recognized for our innovative approach to medicine. But it isn't the recognition that drives us to give exceptional service to each and every one of our patients. It's the lives we touch every day.

With 11 sites in Tucson, El Rio is a part of your neighborhood. We offer comprehensive internal and family medicine, including women's and children's services, for everyone. We accept AHCCCS, Medicaid, Medicare, KidsCare and most private insurance

plans and our mission is to care for everyone – especially the uninsured and underserved members of the community.

Our diabetes specialists have helped many Tucsonans take control of this life-threatening disease, and our HIV/AIDS clinic offers compassionate guidance and care.

We also operate the largest nonprofit dental clinic in the state, with three offices to keep your family smiling. And, if you need a prescription filled, we have three full-service, computerized pharmacies to meet our patients' needs.

Let us
care for
your family.

EL RIO
COMMUNITY
HEALTH CENTER



MAIN MEDICAL CLINICS

Appointments: (520) 670-3909

Main Clinic
839 W. Congress

Southwest Clinic
1500 W. Commerce Court, *Valencia just west of I-19*

Northwest Clinic
320 West Prince Road, *Prince & Oracle*

DENTAL CLINICS

Appointments: (520) 670-3758

Main Dental Clinic
839 W. Congress

Southwest Dental Clinic
1530 W. Commerce Court, *Valencia just west of I-19*

Northwest Dental Clinic
4009 N. Flowing Wells